

A myotherapy massage device for the treatment of lower back myofascial pains having two laterally spaced massage heads each having a vibrator, and optionally a heater, disposed in the massage head, an apparatus for positioning the massage heads vertically and laterally permitting a user to lay upon the device for relief of myofascial pains. A method for relieving myofascial pains involves contacting the affected muscles with the two laterally spaced massage heads and applying pressure, vibration and optionally heat to the areas of contact thereby relieving tension in the muscles.